



Introduction to the Pregnancy to Parent Wellness Program

What is the Pregnancy to Parent Wellness Program?

Michigan Medicine is excited to offer you a new virtual wellness program to provide you with support after having a baby. The Pregnancy to Parent Wellness program offers text-based opportunities to connect with your care team and access resources throughout your first year postpartum.

How often will I be contacted?

You will receive a series of text messages from the Michigan Medicine Health System. These automated texts will contain 0-3 “Yes” or “No” questions about your mood and the general health of you and your baby. Please note, this is not a live texting system.

- You will receive messages once a week after **10:00 am Monday-Friday** for the first 3 months after birth.
- After 3 months you will receive messages once per month until the baby is 12 months old.
- You will receive a second text message at noon if you are not able to answer at 10:00 am.

What types of questions will I be asked?

These questions are designed to check-in with you regarding common stressors for a new parent including sleep, feeding, and mood.

For example, we might say things like

“Do you have any questions about feeding your baby that you’d like to discuss with your care team?” or “Have you experienced any changes in your mood that you’d like to discuss with your care team?”

What happens to my responses?

If you respond “Yes” to any of the questions, you will automatically receive resources via text. Also, you will receive a phone call within 3 business days to set up a virtual or in-person appointment to address your concerns.

If you respond “No” to the questions, you will be contacted again at the next scheduled message time. You will also receive resources for your reference.

All your answers will be recorded in your electronic medical record for you and your providers to review as needed.

How do I enroll?

You will be invited to participate during your hospital delivery stay. You will receive a text message to confirm your enrollment.

Can I unenroll?

Yes, your participation is completely voluntary. You may unenroll at any time by texting back “STOP”.

Will I see a bill for any part of this program?

There is no cost to participate in the Pregnancy to Parent Wellness program. However, standard data and messaging rates apply through your phone carrier. Any follow-up visits are subject to standard costs of care, including copays, as determined by your health insurance plan.

What if I have a medical emergency?

This program is not designed for medical emergencies. Please call 911 if you are experiencing an emergency.

What if I want to speak directly to my provider or pediatrician?

This program will not result in a direct message to your provider or your pediatrician. If you have a concern, please contact the provider directly.

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